algorithmically determining a new wellness program for said different participant, said new wellness program including a plurality of stages based at least in part upon said received metrics associated with said different participant, said stages of said new wellness program being different from the stages determined for the previously established wellness program.

3. The method of claim 1, wherein said successful completion of said first stage requires said participant to overcome a mental milestone, said evaluating step further comprising the step of:

testing a mental state of said participant using a plurality of multiple choice questions;

scoring said test;

comparing said test score against a previously established threshold value, said comparing step determining said successful completion.

4. The method of claim 1, wherein said successful completion of said first stage requires said participant to overcome a physical milestone, said evaluating step further comprising the step of:

comparing a dietary metric against a previously established target value, said comparing step determining said successful completion.

5. The method of claim 1, wherein successful completion of said first stage requires said participant to overcome a mental milestone, and wherein successful completion of said second stage requires said participant to overcome a physical milestone.

6. The method of claim 1, said method further comprising the steps of:

during participant enrollment, presenting a plurality of questions to said participant, said receiving of participant metrics resulting from answers to said questions; and

determining a suitability of said participant based upon said participant metrics, wherein said participant is not permitted to enter said program is said suitability is below an established threshold.

7. The method of claim 1, said method further comprising the steps of:

selecting a digital coach from among a plurality of digital coaches, each digital coach having a simulated personality; and

interacting with said participant throughout said program via said selected digital coach.

8. The method of claim 1, said method further comprising the step of:

intermittingly determining a progression of said participant; and

suspending said participant from said program when said progression falls below an established minimum threshold.

9. A machine-readable storage having stored thereon, a computer program having a plurality of code sections, said code sections executable by a machine for causing the machine to perform the steps of:

receiving participant metrics, said metrics including data elements indicative of a plurality of mental and a plurality of physical attributes relating to wellness of an associated participant;

assigning numerical weights to selective ones of these metrics;

algorithmically determining a wellness program based at least in part upon the assigned weights, said wellness program including a plurality of stages that includes at least a first stage and at least a second stage;

presenting said first stage to said participant;

automatically evaluating participant performance of said first stage using a data-driven approach, said performance evaluation based at least in part upon said participant metrics; and

presenting said second stage when said evaluated performance indicates a successful completion of said first stage.

10. The machine-readable storage of claim 9, further comprising the steps of:

receiving participant metrics that are associated with a different participant; and

algorithmically determining a new wellness program for said different participant, said new wellness program including a plurality of stages based at least in part upon said received metrics associated with said different participant, said stages of said new wellness program being different from the stages determined for the previously established wellness program.

11. The machine-readable storage of claim 9, wherein said successful completion of said first stage requires said participant to overcome a mental milestone, said evaluating step further comprising the step of:

testing a mental state of said participant using a plurality of multiple choice questions;

scoring said test;

comparing said test score against a previously established threshold value, said comparing step determining said successful completion.

12. The machine-readable storage of claim 9, wherein said successful completion of said first stage requires said participant to overcome a physical milestone, said evaluating step further comprising the step of:

comparing a dietary metric against a previously established target value, said comparing step determining said successful completion.

13. The machine-readable storage of claim 9, wherein successful completion of said first stage requires said participant to overcome a mental milestone, and wherein successful completion of said second stage requires said participant to overcome a physical milestone.

14. The machine-readable storage of claim 9, further comprising the steps of:

during participant enrollment, presenting a plurality of questions to said participant, said receiving of participant metrics resulting from answers to said questions; and